



# Go From Zero to 5K!

**Never run or walked a 5K before? Don't know where to start?**

**Come out to the Norfolk Fitness and Wellness Center and make new friends while achieving new goals!**

**We'll help you train to complete the Harbor Lights 5K— with a training schedule, informational lectures, race day logistics and free giveaways!**

**Why Not? It's FREE!**

**When: Starting September 18, 2014**

**Tuesdays and Thursdays 5:30 PM to 6:30 PM**

**Where: Norfolk Fitness and Wellness Center Lobby**

**7300 Newport Ave, Norfolk VA 23505**

**Call to register! (757) 823-4301**



RECREATION, PARKS & OPEN SPACE



**N O R F O L K**

*Life. Celebrated Daily.*